GROUP 4
BEST OF BEEF

11

STEAK KEBABS

Honey-glazed sirloin and crisp vegetables, skewered and broiled or grilled to perfection, make a festive meal.

HEALTH CHECK

- An oil-free marinade adds tangy flavor without fat
- Beef is high in protein and iron
- 146 calories per serving

Swift & Simple

PREPARATION TIME
20 minutes plus marinating

COOKING TIME
10 minutes

SERVES 4

- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon grated fresh ginger or 1 teaspoon ground ginger
- 1 clove garlic, crushed
- 1 teaspoon grated lemon peel
- ¼ teaspoon crushed hot red pepper flakes
- 12 ounces boneless sirloin steak, trimmed and cut into 1-inch cubes
- 8 cherry tomatoes
- 4 large mushrooms, cut in half
- 1 green bell pepper, cored, seeded, and cut into 8 squares

1 In a shallow glass dish, combine soy sauce, honey, ginger, garlic, lemon peel, and red pepper flakes. Mix well. Add beef; stir to coat. Cover with plastic wrap and refrigerate for 1 to 2 hours, stirring occasionally.

2 Preheat broiler. Remove beef from the marinade. Discard marinade. Using four 10-inch metal skewers, alternately thread beef, tomatoes, mushrooms, and bell pepper. Place on broiler pan.

3 Broil 2 inches from heat, turning 2 or 3 times, until meat is medium-rare and vegetables are lightly browned, about 10 minutes. Place on serving plates and serve immediately.

PREPARE IN ADVANCE Marinate beef and assemble skewers up to 1 day in advance. Cover with plastic wrap and refrigerate until ready to cook. Place on broiler pan and proceed as directed in Step 3.

PER SERVING: Calories *146 (24% from fat)* **Carbohydrates** *8 g* **Protein** *19 g* **Sodium** *202 mg* **Fat** *4 g* **Cholesterol** *52 mg*

COOK'S TIPS

Prepare mixed vegetables for kebabs by choosing vegetables with similar cooking times, then cut them into bite-size pieces or lengths. Small vegetables such as cherry tomatoes are best kept whole.

Green onions, fennel, red onion, eggplant, and summer squash would also be appropriate vegetables for skewering.

Metal skewers come in a variety of shapes and sizes. For best results, choose skewers that are square or flat; they will hold food more securely.

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GROUP 4
BEST OF BEEF
15

OLD-FASHIONED BEEF STEW

We took Grandma's recipe, trimmed the fat, and enhanced the flavor. This is a wholesome stew you can savor—even on a diet.

HEALTH CHECK

- Trimmed lean beef saves on calories
- It also scores high in protein and iron
- Only 247 calories per serving

Hearty Fare

PREPARATION TIME
25 minutes
COOKING TIME
1¾ hours

OLD-FASHIONED BEEF STEW • *Healthy Meals in Minutes™*

SERVES 6

- 1 pound lean beef chuck, trimmed and cut into 1-inch cubes
- 2 tablespoons all-purpose flour
- 2 teaspoons vegetable oil
- 2 large yellow onions, thinly sliced (about 3 cups)
- 2 cups sliced mushrooms
- 2 cloves garlic, minced
- 2 teaspoons reduced-sodium tomato paste
- 2 cups reduced-sodium beef broth
- 4 cups sliced carrots
- 2 medium russet potatoes, thinly sliced (about 2 cups)
- 1 cup 1-inch green bean pieces
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ¼ cup chopped fresh parsley

1 Coat beef with flour, shaking off excess. In a large nonstick pot, heat oil over medium-high heat. Add beef; sauté until browned, about 6 minutes. Place on a plate.

2 Add onions and mushrooms to pot; sauté for 6 minutes. Add garlic; sauté, stirring for 1 minute. Pour off fat. Return beef to pot; stir in tomato paste, then broth. Add enough water to just cover; bring to a boil. Reduce heat to low; simmer until beef is tender, about 1¼ hours. Skim off any foam.

3 Add carrots, potatoes, and green beans. Cover partially; simmer for 15 minutes.

4 In a small bowl, mix cornstarch and cold water; stir into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

PER SERVING: Calories *247 (19% from fat)* **Carbohydrates** *30 g* **Protein** *20 g* **Sodium** *89 mg* **Fat** *5 g* **Cholesterol** *45 mg*

COOK'S TIPS

Browning beef before simmering it in a stew produces juicy, extra-flavorful meat. Pat the meat dry with paper towels before adding it to the hot pan.

When sautéing onion and garlic, sauté the onion first. Onion needs a longer cooking time, and garlic may burn if cooked for too long at too high a heat.

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GROUP 6
GREAT POULTRY DISHES
1

BARBECUED CHICKEN

Even barbecued chicken can be light and lean—this finger-licking-good version is oil-free and packed with flavor!

HEALTH CHECK

- Vinegar lends zip without adding salt
- Skinless chicken lowers fat content
- Only 146 calories per serving

Let's Grill It!

PREPARATION TIME
10 minutes

COOKING TIME
15 to 20 minutes

SERVES 4

- 4 skinless, boneless chicken breast halves (4 ounces each)

FOR THE SAUCE

- ¼ cup reduced-sodium ketchup
- 3 tablespoons cider vinegar
- 1 tablespoon ready-made white horseradish
- 2 teaspoons firmly packed dark brown sugar
- 1 clove garlic, minced
- ⅛ teaspoon dried thyme
- ¼ teaspoon black pepper

1 Preheat broiler, heat a charcoal grill until coals form white ash, or preheat a gas grill to medium.

2 To prepare sauce, in a small saucepan, combine ketchup, vinegar, horseradish, brown sugar, garlic, and thyme. Mix well. Bring to a boil over medium-low heat. Cook, stirring frequently, until thickened, about 5 minutes. Remove from heat; stir in pepper.

3 Brush tops of chicken pieces lightly with sauce. Place chicken, sauce-side down, on a foil-lined broiler pan or grill rack. Brush other sides lightly with sauce.

4 Broil or grill 3 inches from heat, basting with remaining sauce and turning until no longer pink in center, about 5 to 7 minutes per side. Let chicken stand for 5 minutes before serving.

SHORT CUT

When time is short, omit the sauce. Instead, use ½ cup of ready-made reduced-sodium barbecue sauce mixed with a little cider vinegar, or red-wine vinegar, and white horseradish. Proceed as directed.

PER SERVING: Calories *146 (9% from fat)* **Carbohydrates** *5 g* **Protein** *26 g* **Sodium** *188 mg* **Fat** *1 g* **Cholesterol** *66 mg*

COOK'S TIPS

To prevent foods from sticking to the grill, scrub the grill rack and spray it with vegetable cooking spray. A special wire brush works well for scrubbing; it can be found at supermarkets or hardware shops.

Chicken must be seared over a hot grill before turning or the skin will stick to the grill. Turn several times throughout cooking and baste with each turn.

While cooking on a grill, use long-handled tongs to turn the chicken pieces. A fork would pierce the meat and allow the flavorful juices to escape.

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GROUP 6
GREAT POULTRY DISHES
3

SWISS CHICKEN CUTLETS

Whip up this special, easy-to-fix chicken with fluffy steamed rice, and you have the ideal dish for unexpected guests.

HEALTH CHECK

- Low-fat Swiss cheese reduces fat content
- A light sauce of chicken broth replaces cream
- Relatively low-calorie

Delicious!

PREPARATION TIME
10 minutes
COOKING TIME
13 to 15 minutes

SERVES 4

- 2 thin slices reduced-fat Swiss cheese (about 2 ounces)
- 4 chicken cutlets (4 ounces each), ¼ inch thick
- 2 tablespoons all-purpose flour
- ½ teaspoon black pepper
- 1 tablespoon unsalted butter or margarine
- ½ cup reduced-sodium chicken broth
- ¼ cup dry white wine or reduced-sodium chicken broth
- ¼ teaspoon dried oregano
- Chopped fresh parsley and fresh oregano sprigs for garnish

1 Cut each cheese slice in half; place 1 half on top of each cutlet. Starting with a short end, tightly roll up cutlets, jelly-roll style. Tie securely with string.

2 On waxed paper, combine flour and pepper. Mix well. Add cutlets; toss gently to coat.

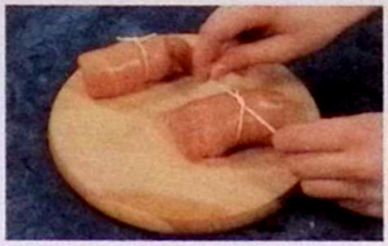
3 In a large nonstick skillet, melt butter over medium heat. Add cutlets; cook, turning frequently, until golden, about 3 minutes.

4 Add broth, wine, and dried oregano to skillet. Increase heat; bring to a boil. Reduce heat to medium-low; simmer until chicken is cooked through and sauce is slightly thickened, about 10 to 12 minutes. Place on a serving plate; remove string. Garnish with parsley and oregano sprigs.

FREEZER
Freeze unrolled cutlets in advance. Pound as directed in Cook's Tips, wrap individually in plastic wrap, and freeze for up to 6 months. Thaw in the refrigerator.

PER SERVING: Calories *223 (30% from fat)* **Carbohydrates** *4 g* **Protein** *32 g* **Sodium** *178 mg* **Fat** *7 g* **Cholesterol** *84 mg*

COOK'S TIPS



To prepare the chicken rolls, tightly roll up cheese-topped cutlets, then tie securely with string so the rolls hold their shape during cooking.

If cutlets are unavailable at your market, simply pound skinless, boneless chicken breast halves between 2 sheets of waxed paper to a ¼-inch thickness.

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GROUP 8
PERFECT PASTA
5

RUSTIC LASAGNA

Just the way Italians like it—steaming and delectable with cheese and vegetables. This may be better than the original.

HEALTH CHECK

- Part-skim instead of whole-milk cheeses keep fat, calories down
- Broccoli and carrots add vitamins and fiber
- High in calcium

Crowd pleaser

PREPARATION TIME
30 minutes

BAKING TIME
45 minutes

SERVES 8

- 9 lasagna noodles
- 2 cans (8 ounces each) low-sodium tomato sauce
- 1 clove garlic, minced
- 1 teaspoon fresh oregano or ¼ teaspoon dried oregano
- 1 package (10 ounces) frozen chopped broccoli, thawed and squeezed of excess liquid
- 1 cup shredded carrot
- 1 container (15 to 16 ounces) part-skim ricotta cheese
- ¼ cup grated Parmesan cheese
- 1 cup shredded part-skim mozzarella cheese

1 Cook lasagna noodles according to package directions, but do not add salt.

2 While noodles are cooking, preheat oven to 350° F. Spray a 13 x 9-inch baking dish with vegetable cooking spray; set aside.

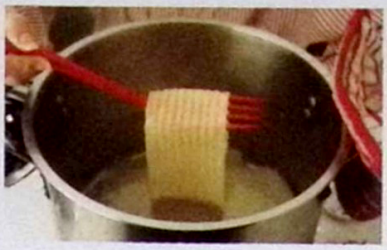
3 In a small bowl, combine tomato sauce, garlic, and oregano. Mix well. In a medium bowl, combine broccoli, carrot, ricotta, and Parmesan. Mix well.

4 Drain noodles in a colander. Spread ½ cup of tomato sauce in bottom of prepared dish. Place 3 noodles on top of tomato sauce. Spread half of broccoli mixture over noodles. Spoon ½ cup of tomato sauce over broccoli; place 3 noodles on top. Spread with remaining broccoli mixture; top with ½ cup of tomato sauce.

5 Top with remaining noodles and tomato sauce; sprinkle mozzarella over top. Bake until bubbling, about 45 minutes. Place on a wire rack and cool for about 15 minutes; cut into squares.

PER SERVING: Calories *268 (28% from fat)* **Carbohydrates** *32 g* **Protein** *16 g* **Sodium** *294 mg* **Fat** *8 g* **Cholesterol** *27 mg*

COOK'S TIPS



For perfect lasagna noodles, undercook slightly. Then drain thoroughly in a colander and toss with a drop of vegetable oil to keep them from sticking.

For easy slicing, place first layer of lasagna noodles lengthwise in dish. Cut noodles for second layer to fit diagonally in pan. Finish last layer lengthwise.

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GROUP 9
TASTY POTATOES
8

CRISPY POTATO WEDGES

French fry fans will fall for these easy oven-baked fries—and never miss the fat!

HEALTH CHECK

- Cut fat by using a minimum of oil
- Unpeeled potatoes provide twice the fiber of peeled potatoes
- Only 132 calories per serving

Money Saver!

PREPARATION TIME
10 minutes plus standing
BAKING TIME
40 minutes

SERVES 4

- 4 medium russet potatoes, cut into large wedges
- 1 tablespoon vegetable oil
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon salt
- 2 cloves garlic, minced (optional)
- Reduced-sodium ketchup (optional)

1 Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

2 Preheat oven to 425° F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

3 Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes.

4 Transfer potatoes to a clean large bowl. Sprinkle with oil, pepper, and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.

5 Bake potatoes for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic. Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately with ketchup on the side.

VARIATION

For a sweeter flavor, use sweet potatoes instead of the russet potatoes. Proceed as directed in Steps 1, 2, and 3. Add ½ teaspoon of paprika when tossing potatoes with spices in Step 4. Bake as directed in Step 5.

PER SERVING: **Calories** *132 (23% from fat)* **Carbohydrates** *23 g* **Protein** *3 g* **Sodium** *77 mg* **Fat** *3 g* **Cholesterol** *0 mg*

COOK'S TIPS

Crinkle-cut fries are especially crispy. Use a ripple-edged cutter to cut potatoes into ¼-inch-thick slices. Then cut crosswise into fries. Proceed as directed.

For a healthy dip instead of ketchup, try a ready-made salsa (look for no-salt-added brands) or plain nonfat yogurt mixed with fresh herbs.

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GROUP 11
BREADS & MUFFINS

11

CRUSTY GARLIC BREAD

Serve this Italian bread, fragrant with garlic and herbs, hot from the oven—with pasta, please!

HEALTH CHECK

- This garlic bread calls for very little oil
- A mix of aromatic herbs adds flavor without fat
- Each serving has only 1 gram of fat

Super Quick

PREPARATION TIME
15 minutes

BAKING TIME
10 to 15 minutes

MAKES 10 SLICES

- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried thyme
- 2 teaspoons chopped fresh marjoram or ¼ teaspoon dried marjoram
- ½ teaspoon paprika
- 2 tablespoons grated Parmesan cheese (optional)
- 2 small loaves (4 ounces each) Italian or French bread

1 Preheat oven to 350° F. In a small bowl, combine the garlic and oil; mix well.

2 In another small bowl, combine parsley, thyme, marjoram, and paprika. Add Parmesan; mix well. Cut each loaf crosswise into diagonal slices, without cutting all the way through. Brush cut sides of slices with garlic oil. Sprinkle herb mixture between slices. Wrap each loaf in foil; place on a baking sheet.

3 Bake until heated through, about 10 to 15 minutes. Unwrap the loaves and place them on a breadboard or in a basket. Serve immediately.

FREEZER

Follow the recipe through Step 2, but wrap each loaf in plastic wrap and then in foil. Freeze for up to 1 month. To heat, preheat oven to 350° F. Remove foil and plastic wrap from loaves; rewrap in foil. Place on a baking sheet and bake until heated through, about 25 to 30 minutes.

PER SERVING: **Calories** *72 (20% from fat)* **Carbohydrates** *12 g* **Protein** *2 g* **Sodium** *139 mg* **Fat** *1 g* **Cholesterol** *0 mg*

COOK'S TIPS

For extra flavor, halve a clove of garlic. Split loaves lengthwise; rub cut sides of bread with cut sides of garlic. Brush with oil, sprinkle with herbs, and bake.

Italian bread is a great-tasting accent to meals, but can be high in sodium. Enjoy in moderation and avoid using high-sodium toppings such as garlic salt.

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GROUP 13
PIES, CAKES & TARTS
4

ALL-AMERICAN APPLE PIE

Plump raisins and juicy apple slices fill this pretty pie with wholesome, down-home goodness.

HEALTH CHECK

- Apples lend fiber, vitamins, and minerals to this dessert
- Raisins provide a good source of iron
- This pie is low in fat

Old Favorite

PREPARATION TIME
20 minutes plus cooling
BAKING TIME
35 to 40 minutes

ALL-AMERICAN APPLE PIE • *Healthy Meals in Minutes™*

MAKES 10 SLICES

- ¼ cup packed light brown sugar
- ¼ cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon grated lemon peel
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 6 medium baking apples, peeled, cored, and thinly sliced (about 2 pounds)
- 1 cup dark raisins
- 1 unbaked, ready-made 9-inch piecrust

FOR THE GLAZE

- 1 large egg, beaten (optional)
- 1 teaspoon granulated sugar (optional)

1 Preheat oven to 425° F. Spray a 9-inch deep-dish pie plate with vegetable cooking spray.

2 In a large bowl, combine brown sugar, granulated sugar, flour, lemon peel, cinnamon, and nutmeg. Mix well.

3 Add apples to sugar mixture; stir until coated. Stir in raisins. Spoon into prepared plate.

4 Place piecrust on top of filling. Trim edges, pressing against edge of pan. Using a sharp knife, cut steam vents in piecrust. To glaze, lightly brush piecrust with beaten egg. Sprinkle with sugar.

5 Bake until piecrust is golden brown, about 35 to 40 minutes. Place on a wire rack and cool for 30 minutes. Serve warm.

VARIATION

For a subtle but delicious change, replace the cinnamon with ground cardamom.

PER SERVING: Calories *226 (24% from fat)* **Carbohydrates** *43 g* **Protein** *1 g* **Sodium** *111 mg* **Fat** *6 g* **Cholesterol** *6 mg*

COOK'S TIPS

When choosing apples for pies, it's best to use tart, slightly acidic varieties that will hold their shape during baking. Good choices include Granny Smith, Jonathan, McIntosh, Newtown Pippin, Northern Spy, Winesap, Gravenstein, or York Imperial.

Always store apples in the coldest part of the refrigerator. If left at room temperature, they will deteriorate more quickly.

Use a cardboard stencil to make pastry cut-outs to decorate the pie. Place the stencil over the rolled-out dough, cut out shapes, and attach to piecrust.

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GROUP 13
PIES, CAKES & TARTS
6

STRAWBERRY SHORTCAKE

Berries burst with the flavor of a sunny June day. And these biscuits, made from scratch, are as fast as a mix.

HEALTH CHECK

- Fresh berries give a boost of fiber
- Delicious nonfat yogurt replaces heavy whipped cream
- Good source of vitamin C

Scrumptious!

PREPARATION TIME
20 minutes

BAKING TIME
12 to 15 minutes

SERVES 8

- 1¼ cups all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon grated orange peel
- 3 tablespoons unsalted butter or margarine, cut into pieces
- ¾ cup skim milk

FOR THE FILLING

- 2 pints fresh strawberries, sliced
- 1 tablespoon orange juice
- 1 tablespoon granulated sugar
- Vanilla nonfat yogurt and mint leaves for garnish

1 Preheat oven to 450° F. Spray a baking sheet with vegetable cooking spray. Set aside.

2 In a large bowl, sift together the flour, sugar, and baking powder. Stir in the orange peel. Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms.

3 On a lightly floured surface, roll out dough to a ½-inch thickness. Using a 2½-inch biscuit cutter, cut out biscuits. Gather trimmings, re-roll, and cut out more biscuits. Place on prepared baking sheet. Bake until golden, about 12 to 15 minutes. Place biscuits on a wire rack and cool slightly.

4 To prepare filling, in a large bowl, combine strawberries, orange juice, and sugar. Mix well.

5 Split warm biscuits in half horizontally. Place bottom halves on serving plates. Top each with some filling. Cover with biscuit tops. Serve with remaining filling; garnish with yogurt and mint.

PER SERVING: Calories *216 (21% from fat)* **Carbohydrates** *38 g* **Protein** *6 g* **Sodium** *217 mg* **Fat** *5 g* **Cholesterol** *13 mg*

COOK'S TIPS

A pastry blender is good for working fat into flour. The U-shaped wires evenly distribute the cold fat until coarse crumbs form, resulting in a flaky dough.

Use a floured rolling pin to roll out biscuits. For high biscuits, roll dough to ½-inch thickness. For thinner, crustier biscuits, roll dough to ¼-inch thickness.

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GROUP 14
DELICIOUS DESSERTS

13

SUNNY FRUIT FIESTA

Treat yourself to a delightful mixture of fresh fruit and juices. It's as light and easy as a day in the sun.

HEALTH CHECK

- This is a cholesterol-free recipe
- Melon, especially cantaloupe, is high in vitamin A
- Citrus juice adds a shot of vitamin C

Light & Easy

PREPARATION TIME
20 minutes plus chilling

SERVES 6

- 1 cantaloupe melon, halved and seeded
- ½ honeydew melon, seeded
- ¼ cup superfine or granulated sugar
- ¼ cup fresh lime juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon orange-flavored liqueur (optional)
- 1½ teaspoons grated lime peel
- 1 cup sliced fresh strawberries
- 1 cup black or red seedless grapes

1 Using a melon baller, scoop flesh from cantaloupe and honeydew into balls; set aside.

2 In a large glass or ceramic bowl, combine the sugar, lime juice, lemon juice, orange liqueur, and lime peel. Stir well to dissolve sugar. Add the cantaloupe and honeydew balls, strawberries, and grapes. Toss gently to combine.

3 Cover the bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice.

4 Spoon the fruit mixture into serving bowls or hollowed-out melon halves, dividing evenly. Serve immediately.

VARIATION

For a tropical fruit version, substitute kiwi slices, pineapple chunks, papaya slices, or mango cubes for some of the melon balls. Add a little grated fresh ginger or ground ginger. A dash of coconut extract would also make an intriguing addition. Try serving this version in a hollowed-out pineapple half.

PER SERVING: Calories *105 (3% from fat)* **Carbohydrates** *27 g* **Protein** *1 g* **Sodium** *19 mg* **Fat** *1 g* **Cholesterol** *0 g*

COOK'S TIPS

A perfectly ripe cantaloupe will have a sweet, fresh fragrance. It should feel heavy for its size and give slightly at both ends when gently pressed. If the cantaloupe is soft, yellowing, or feels wet at the stem end, pass it by.

To ripen a hard cantaloupe, store it in a warm place for several days, away from sunlight. Once it is ripe, refrigerate and use within a week.

For a melon basket, use a non-toxic marker to draw a zigzag pattern on melon. Cut deeply into fruit along pattern, separate halves, seed, and fill with fruit.

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GROUP 14
DELICIOUS DESSERTS
6

CHOCOLATE PUDDING

Chocoholics rejoice! There's nothing like this smooth, creamy pudding. And it's almost as quick to fix as instant.

HEALTH CHECK

- Replacing whole with skim milk reduces fat
- Using egg whites means less cholesterol
- Lower-fat cocoa powder replaces chocolate

Family Treat

PREPARATION TIME
10 minutes plus chilling
COOKING TIME
10 minutes

SERVES 4

- 2 egg whites
- ⅔ cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 2¼ cups skim milk, divided
- ½ cup granulated sugar
- ⅛ teaspoon salt
- 1 teaspoon vanilla extract
- Fresh strawberries, mint leaves, and unsweetened cocoa powder for garnish

1 In a small bowl, lightly beat egg whites and set aside. In a large bowl, combine ⅔ cup of cocoa and cornstarch. Whisk ¾ cup of milk into cocoa mixture until completely smooth.

2 In a large heavy saucepan, combine remaining milk, sugar, and salt. Mix well. Bring to a boil over high heat, whisking constantly. Remove pan from heat.

3 Whisk cocoa mixture into hot milk mixture. Bring to a boil over medium-high heat; boil for 2 minutes, whisking constantly. Remove pan from heat.

4 Gradually whisk 1 cup of hot cocoa mixture into the egg whites. Pour mixture back into pan. Cook over medium-low heat for 2 minutes, whisking constantly. Do not boil. Remove pan from heat.

5 Add vanilla; blend well. Pour pudding into serving dishes. Cool to room temperature. Cover and chill for 1 hour. Garnish with berries, mint leaves, and cocoa.

VARIATION

Try adding a ¼ teaspoon of ground cinnamon to the cocoa mixture in Step 2.

PER SERVING: **Calories** *210 (11% from fat)* **Carbohydrates** *43 g* **Protein** *9 g* **Sodium** *100 mg* **Fat** *3 g* **Cholesterol** *3 mg*

COOK'S TIPS

When making pudding, stir the mixture constantly as it cooks. This helps release steam; which, if it condenses, may result in a watery pudding.

To prevent pudding "skin," transfer hot pudding to a bowl or serving dishes. Lay a sheet of waxed paper directly on pudding surface. Cool as directed.

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GROUP 15
BREAKFAST & BRUNCH
1

CINNAMON FRENCH TOAST

For a weekend treat, serve this low-fat French toast with reduced-calorie syrup and cinnamon sugar. Fresh fruit helps keep it light.

HEALTH CHECK

- Skip some of the yolks to cut cholesterol
- French or Italian bread is low in fat
- Calorie count is low—only 175 per serving

Sunday Special

PREPARATION TIME
10 minutes

COOKING TIME
10 minutes

SERVES 4

- 1 large egg
- 2 egg whites
- ¼ cup skim milk
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 8 1-inch-thick diagonally cut slices French or Italian bread
- Cinnamon sugar and reduced-calorie maple syrup (optional)

1 In a shallow bowl, using a wire whisk or a fork, beat the egg and egg whites until foamy. Add the milk, vanilla, cinnamon, and nutmeg. Beat well; set aside.

2 Preheat the oven to 200° F. Lightly spray a large nonstick skillet with vegetable cooking spray; heat over medium heat. Dip 4 of the bread slices into the egg mixture, turning to coat and draining excess back into the dish.

3 Place bread slices in prepared skillet. Cook until golden brown, turning once, about 1 to 2 minutes per side.

4 Transfer cooked slices to a plate; keep warm in oven. Dip remaining slices in egg mixture; cook as directed. Spray skillet with vegetable cooking spray as needed.

5 Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately.

VARIATION

For puffy French toast, prepare egg mixture in a large, shallow glass dish. Add bread slices, turning to coat. Cover and refrigerate overnight. Cook and serve as directed.

Per Serving: Calories *175 (18% from fat)* **Carbohydrates** *8 g* **Protein** *9 g* **Sodium** *350 mg* **Fat** *4 g* **Cholesterol** *53 mg*

COOK'S TIPS

Any type of bread works well in this recipe. Experiment with slices of cinnamon-raisin bread or whole-wheat bread. Try all-fruit preserves as a topping.

A wire whisk is good for blending mixtures that need to be smooth or whipped. Use a bowl that is sufficiently large enough for the whisk to move freely.

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Healthy Meals in Minutes

The Healthy Meals in Minutes series consists of 16 groups, each featuring a variety of recipes. This index, arranged by group, is a sampling of some of the more than 1200 recipe cards in the series. To try Healthy Meals in Minutes in your home, see the enclosed letter for details.

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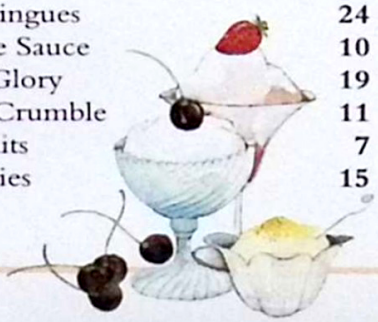

This index is a partial listing of the cards included in Healthy Meals in Minutes.

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